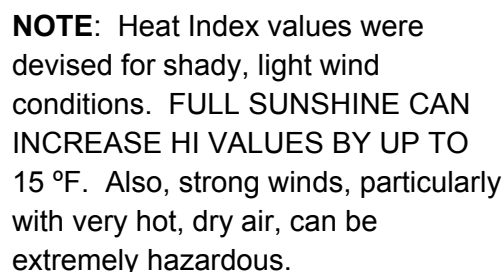
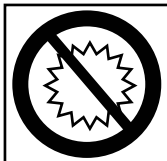


On the Heat Index chart, the area above the line corresponds to a level of HI that may cause increasingly severe heat disorders with continued exposure and/or physical activity.





*Heat Disorder Symptoms and Treatment

- **Sunburn:** Redness and pain. In severe cases, there may be swelling of the skin, blisters, fever, and/or headaches. Use ointments for mild cases. If blisters appear, do not break them. If blisters break, apply a dry, sterile dressing. Refer serious cases to a physician.
- **Heat Cramps:** Painful muscle spasms may occur, usually in the legs and/or abdomen. Use firm pressure on cramping muscles, or use gentle massage to relieve the spasms. Give sips of water to replace the water lost through sweating. If nausea occurs, discontinue water.
- **Heat Exhaustion:** Heavy sweating, weakness, skin is cold, pale, and clammy. Pulse is weak and shallow. Normal temperature is possible. Fainting and vomiting may occur. Get the victim out of the sun. Lay him or her down and loosen clothing. Apply cool, wet cloths.
- **Heat Stroke** (or Sunstroke): High body temperature (106 °F or higher). Skin is hot and dry. Pulse is rapid and strong. Possible unconsciousness. **See warning box at right.** →



Heat Wave Safety Tips

- **Slow down.** Strenuous activities should be reduced, eliminated, or rescheduled to the coolest time of the day. Individuals at risk due to medical problems should stay in the coolest available place, not necessarily indoors.
- **Dress for summer.** Loose, lightweight, light-colored clothing reflects heat and sunlight and helps your body maintain normal temperatures.
- **Put less fuel on your inner fires.** Foods that increase metabolic heat production (like proteins) also increase water loss.
- **Drink plenty of water.** Your body needs water to keep cool; so drink plenty, even if you don't feel thirsty. Avoid drinks with sugar, caffeine, or alcohol. Persons who (1) have epilepsy or heart, kidney, or liver disease, (2) are on fluid restrictive diets, or (3) have a fluid retention problem should consult a physician before increasing their fluid consumption.
- **Do not drink alcoholic beverages.**
- **Do not take salt tablets unless specified by a physician.** Persons on salt-restrictive diets should consult their physician before increasing their salt intake.
- **Spend more time in air-conditioned places.** Air conditioning in homes and other buildings markedly reduces your danger from the heat. If you cannot afford an air conditioner, spending some time each day (during hot weather) in an air-conditioned environment affords some protection.
- **Don't get too much sun.** Sunburn makes the job of heat dissipation that much more difficult.

WARNING: HEAT STROKE IS A SEVERE MEDICAL EMERGENCY. SUMMON EMERGENCY MEDICAL ASSISTANCE OR GET THE VICTIM TO A HOSPITAL IMMEDIATELY. DELAY CAN BE FATAL. DO NOT GIVE FLUIDS. Move victim to a cooler environment. Reduce body temperature with cold bath or sponging. Use fans or air conditioning. If victim's temperature rises again, repeat the cooling process.

*For More Information: Contact the Red Cross (280-1440) and ask to enroll in a first aid course.



**Office of Consolidated
Emergency Management
649-8577**